

## ABSTRACT

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5 A formula for calculating the amount of carbohydrate necessary to achieve a target blood glucose excursion in a diabetic test subject is based on a baseline blood glucose level, a target level to be achieved and an index of the subject's sensitivity to carbohydrate. Initially, the index value is an exemplary value based on typical carbohydrate sensitivities displayed by various types of diabetics. However, the index may be individualized to a test subject based on an actual glucose excursion.

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15 A method of effecting a shift in blood glucose level in a diabetic subject incorporates the formula presented above. Furthermore, a method for dietary management of a diabetic individual's glycemic profile, wherein an optimal glycemic profile is achieved and maintained, also incorporates the formula.

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